



Spring 2018 Nutrition & Wellness Survey Results



Key Areas:

School Leadership Authority

- Schools play a significant role in the continued reinforcement of healthy living habits
- Schools provide guidance, skill building, & modeling of appropriate behaviors
- No impact if these behaviors are not reinforced at home
- Habits are already formed and/or most significant role should come from home

Nutrition Education & Physical Activity Promotion

- Physical education and science classes
- Afterschool sports and field day
- Running clubs, jump rope for heart, family fun nights
- Brain breaks, nutrition and wellness PSAs, & healthier options offered at school events
- Morning classroom discussions once a week

Food & Beverage Marketing

- Encourage healthier choices
- Students allowed to consume “dip free” fresh fruits & veggies anytime in the classroom
- Parents bring unhealthy birthday and party treats
- Parents drop off fast-food items
- Parents are reluctant to send healthy snacks if not preferred by the student
- Unhealthy snacks brought from home
- No control over what parents send in student lunch

Other School-Based Activities

- Gardening, healthy choices, and associated benefits
- Classroom brain breaks multiple times a day
- Classroom healthy snack breaks
- Extra recess breaks
- Classroom breathing/yoga poses/dancing breaks

Additional Comments

- Impact adults more at school through education
- Need to do more at the sites with district support

Key Barriers to Address

- No “established” health curriculum and limited instruction time
- Health & wellness limited to elective courses at the MS & HS level
- Inconsistent school culture participation modeling healthy behaviors
- Parental authority

Plan of Action

- Family promotion of school meals
- Provide curriculum resources in health and wellness
- Incorporate health and wellness instruction through core subjects
- Collaborate with additional departments for health and wellness support
- Encourage students, community, and staff to embrace a positive health and wellness culture

Nutrition and Wellness Principal Survey Results

Surveys were sent to 44 school principals in Paradise Valley Unified School District. A total of 42 principals responded to the 5 question survey:

1. Do you think schools play a significant role in the continued reinforcement of establishing healthy eating behaviors, proper nutrition, and physical activities of students? Please provide your thoughts
2. Does your school promote student nutrition, student wellness, and physical activities in other school-based activities? Please describe at least one of these promotional activities
3. Have you experienced barriers/challenges restricting non-healthy food choices offered outside school meal service? Please describe how you monitor these issues
4. Do classroom teachers serve as “healthy” role models, provide physical activity classroom breaks, and/or offer nutrition education curriculum at each grade level? Please describe what you are doing at your school
5. Additional Comments

Principal Survey Summary, Spring 2018

42 of 44 Responded

95% Responded

5% Did not respond

- Q1. 79% believe schools play a somewhat to significant role in health & wellness
21% believe schools play no role in health & wellness
- Q2. 98% promote some form of health & wellness in their individual school
2% promote no form of health & wellness in their individual school
- Q3. 62% experience barriers/challenges
33% experience no barriers/challenges
5% provided no response
- Q4. 88% believe teachers somewhat to significantly promote health & wellness in the classroom
12% believe teachers promote limited to no form of health & wellness in the classroom
- Q5. 86% provided no additional comments
14% provided additional comments

